Day I Exercise I

- I. cells
- 2. pressure
- 3. lots
- 4. album
- 5. standard
- 6. approach
- 7. knowledge
- 8. amount
- 9. benefit
- 10. individual
- ||.losses
- I 2. opportunity
- 13.Lord
- 14. effort
- 15. relations

Day 2 Exercise I

- I. disease
- 2. risk
- 3. show
- 4. economy
- 5. customers
- 6. bite
- 7. technology
- 8. items
- 9. difficulty
- 10. treatments
- II. attempts
- I2. demands
- 13. features
- 14. responsibility
- 15. band

Day 3 Exercise I

- I. shipped
- 2. shops
- 3. sprang
- 4. rounded
- 5. subjected
- 6. shone
- 7. cast
- 8. shocked
- 9. tastes
- 10. lend
- II. planted
- 12. risked
- 13. trailing
- 14. imports
- 15. stuffed

Day 4 Exercise I

- I. help
- 2. capital
- 3. president
- 4. weight
- 5. race
- 6. quarters
- 7. yard
- 8. edge
- 9. variety
- 10. ability
- II. cause
- 12. appeal
- 13. access
- 14. labor
- 15. means

Day 5 Exercise I

- I. row
- 2. pairs
- 3. key
- 4. nation
- 5. length
- 6. turns
- 7. partner
- 8. owner
- 9. branch
- 10. balance
- II. credit
- 12. drugs
- 13. beginning
- 14. district
- 15. equipment

Day 6 Exercise I

- I. hard
- 2. alone
- 3. perhaps
- 4. indeed
- 5. little
- 6. simply
- 7. overnight
- 8. clearly
- 9. recently
- 10. softly
- II. certainly
- 12. further
- 13. exactly
- 14. otherwise
- 15. Thus

Day 7 Exercise I

- I. hope
- 2. call
- 3. play
- 4. session
- 5. guest
- 6. battle
- 7. traffic
- 8. lips
- 9. crowd
- 10. deal
- II. injuries
- I2. stuff
- 13. confidence
- 14. pleasure
- 15. desire

Day 8 Exercise I

- I. lawyer
- 2. code
- 3. request
- 4. limit
- 5. chain
- 6. middle
- 7. brain
- 8. literature
- 9. females
- IO. fall
- II. tools
- 12. citizens
- 13. spots
- 14. violence
- 15. major

Day 9 Exercise 1

- I. interested
- 2. formal
- 3. western
- 4. domestic
- 5. relevant
- 6. civil
- 7. responsible
- 8. proper
- 9. commercial
- 10. additional
- II. cultural
- 12. nuclear
- 13. environmental
- 14. considerable
- 15. lovely

Day 10 Exercise 1

- I. diet
- 2. captain
- 3. touch
- 4. valley
- 5. break
- 6. throat
- 7. walk
- 8. bread
- 9. pay
- 10. tip
- II.load
- 12. quantity
- 13. focus
- 14. flow
- 15. passengers

Day || Exercise |

- I. forward
- 2. parted
- 3. fish
- 4. pictures
- 5. troubling
- 6. book
- 7. aged
- 8. numbered
- 9. equals
- 10. seated
- II. heated
- 12. excused
- 13. star
- 14. trick
- 15. cure

Day 12 Exercise 1

- I. bay
- 2. tongue
- 3. tale
- 4. rounds
- 5. grain
- 6. worth
- 7. finals
- 8. current
- 9. guards
- 10. addition
- II.instance
- I 2. English
- 13. percent
- 14.smoke
- 15.store

Day 13 Exercise 1

- I. dangerous
- 2. limited
- 3. unable
- 4. unlikely
- 5. ancient
- 6. mental
- 7. external
- 8. liberal
- 9. scientific
- 10. apparent
- II.sufficient
- l 2. joint
- 13. critical
- 14. rare
- 15.upper

Day 14 Exercise 1

- I. paint
- 2. drops
- 3. lift
- 4. principal
- 5. count
- 6. reach
- 7. tie
- 8. passes
- 9. wonders
- 10. cross
- II. dictionary
- 12. locals
- 13.alarm
- 14. pile
- 15.regard

Day 15 Exercise 1

- I. next
- 2. traditional
- 3. few
- 4. first
- 5. previous
- 6. another
- 7. several
- 8. economic
- 9. financial
- 10. specific
- II.industrial
- 12. awkward
- 13. effective
- 14. military
- 15. significant

Day 16 フレーズ Exercise 1

- I. killing cancer cells.
- 2. Apply pressure to
- 3. drew lots to decide
- 4. looking through a photo album
- 5. well above the standard
- 6. the approach of spring
- 7. He has a lot of knowledge
- 8. a large amount of data
- 9. experience was of great benefit
- 10. works well as an individual
- II. suffered huge losses
- 12. a once-in-a-lifetime opportunity
- 13. acted like the Lord of
- 14. requires great effort
- 15. I broke off relations with

Day 17 フレーズ Exercise I

- I. suffering from heart disease
- 2. There's too much risk
- 3. The automobile show
- 4. economy is recovering
- 5. remembers all of his customers
- 6. a bite of the bread
- 7. a high level of technology
- 8. many items up for discussion
- 9. had difficulty using
- 10. has tried many treatments
- II. His attempts to contact her
- I 2. refused the workers' demands
- 13. Her facial features
- 14. take responsibility for
- 15. plays in a brass band

Day 18 フレーズ Exercise 1

- I. will be shipped to Europe
- 2. She shops at this store
- 3. sprang up with joy
- 4. She rounded her lips
- 5. were subjected to
- 6. sun shone brightly.
- 7. cast the line into
- 8. scene shocked her.
- 9. tastes like mango
- 10. Banks do not lend
- II.I planted strawberries in the field
- 12. He risked his life
- 13. was trailing a toy car
- 14. imports wood from Canada.
- 15. stuffed all her dresses

Day 19 フレーズ Exercise 1

- I. If you need help
- 2. the capital of France
- 3. will be elected president
- 4. surprised by the weight
- 5. Mixed race children
- 6. the tomato into quarters
- 7. in our front yard
- 8. with a sharp edge
- 9. a variety of snacks
- 10. I doubt his ability to
- II. The cause of the accident
- 12. an appeal to him
- 13. Who has access to
- 14. a fair wage for his labor
- 15. have no means of transportation

Day 20 フレーズ Exercise I

- I. a row of cans
- 2. Team up in pairs
- 3. the spare key for the safe
- 4. independent nation
- 5. What's the length of
- 6. Two more turns of
- 7. My partner and I won
- 8. the owner of that foreign car
- 9. from the branch by one hand
- 10. I lost my balance
- II. with bad credit
- 12. brought in illegal drugs
- 13. beginning of the movie
- 14. the best in the Kanto district
- 15. Usage of this equipment

Day 21 フレーズ Exercise I

- I. Think hard
- 2. go out alone
- 3. Perhaps this will be
- 4. very good, indeed
- 5. I slept very little
- 6. simply a question of
- 7. stayed overnight
- 8. speak more clearly
- 9. I haven't seen him recently.
- 10. softly petted
- Il.certainly not mine
- 12. talk about this any further
- 13. exactly what I wanted
- 14. to think otherwise
- 15. Thus the two broke up

Day 22 フレーズ Exercise I

- I. gave up hope of
- 2. a call for more beer
- 3. in a school play
- 4. held an emergency session
- 5. invited ten guests to
- 6. were killed in battle
- 7. traffic is heavy on
- 8. on the lips
- 9. through the crowd
- 10. made a deal with
- I l. severe injuries to
- 12. all of my stuff
- 13. any confidence in myself
- 14. brings me a lot of pleasure
- 15. a strong desire to succeed

Day 23 フレーズ Exercise I

- I. consult a lawyer
- 2. written in code
- 3. make a request for help
- 4. a limit to my patience
- 5. wears a gold chain
- 6. sit in the middle
- 7. The brain is protected
- 8. teaches Japanese literature
- 9. More females work
- 10. turn red and yellow in the fall
- II. gardening tools are out
- I 2. All citizens must pay
- 13. white with brown spots
- 14. I will never use violence
- 15. an economics major

Day 24 フレーズ Exercise I

- I. interested in your new product
- 2. a formal invitation to
- 3. in the western part of
- 4. a domestic flight to
- 5. exchanged relevant information
- 6. a civil duty
- 7. responsible for their actions
- 8. at a proper time
- 9. is located in the commercial
- 10. pay an additional charge
- I I. its own cultural values
- 12. The nuclear power station
- 13. about environmental problems.
- 14. earns a considerable income
- 15. a lovely woman.

Day 25 フレーズ Exercise I

- I. a low-fat diet
- 2. the captain of
- 3. the touch of silky
- 4. The view of this valley
- 5. five-minute break before
- 6. a sore throat since
- 7. take a walk in the park
- 8. ate three slices of bread
- 9. pay comes in the form of
- 10. gave the waiter a tip
- I I. carry the heavier load.
- I 2. quality is more important than
- 13. out of focus
- 14. constant flow of water
- 15. passengers on the bus

Day 26 フレーズ Exercise I

- I. forward my mail to
- 2. war parted the family
- 3. Usually we fish early
- 4. photo pictures him with
- 5. gambling is troubling
- 6. book our flight
- 7. aged after my father died
- 8. three buildings were numbered
- 9. Six squared equals
- 10. seated his students
- II.I heated some soup
- 12. excused her late arrival
- 13. was chosen to star in
- 14. tricked us again
- 15. cure your headache

Day 27 フレーズ Exercise I

- I. caught in the bay
- 2. tongue turned red
- 3. the tale of his journey
- 4. on her morning rounds
- 5. include some kind of grain
- 6. The estimated worth of
- 7. reached the finals
- 8. a fast current
- 9. Two guards are always stationed
- 10. the latest addition to
- Il.just one instance
- 12. be good at English
- 13.40 percent of the students
- 14. smoke pouring from chimneys
- 15. magazines at that store

Day 28 フレーズ Exercise I

- I. Skydiving is dangerous
- 2. was limited to pedestrians
- 3. unable to broadcast
- 4. unlikely to happen
- 5. took a picture of the ancient
- 6. suffering from a mental illness
- 7. reliable external source
- 8. truly mature liberal country
- 9. B the scientific study of plants
- 10. grief was apparent to
- II. sufficient qualifications for
- 12. joint savings account
- 13. Timing is critical
- 14. rare for him to lose
- 15. muscular upper body

Day 29 フレーズ Exercise I

- I. mixed blue and yellow paint
- 2. Drops of rain fell on
- 3. instead of the lift
- 4. I was sent to the principal's office
- 5. for a count of ten
- 6. within the baby's reach
- 7. are supposed to wear a tie
- 8. bought one-day passes
- 9. Some wonders of nature
- 10. with a cross
- I I. looked up the word in the dictionary
- 12. asked the locals how
- 13. car alarm went off
- 14. a pile of books
- 15. Pay more regard

Day 30 フレーズ Exercise I

- I. married one of his high school classmates
- 2. enabled me to work
- 3. argued with the taxi driver
- 4. propose that we further reduce taxes
- 5. granted my request
- 6. Mental health relates greatly
- 7. Accidents can arise
- 8. emerged from the water
- 9. concentrated his energies
- 10. didn't respond to my question
- II. arrange a team meeting
- 12. level the ground
- 13. observed the growth
- 14. employed as a guard
- 15. assessed my aunt's house at